

Helpful Resources

Addiction

Action on Smoking and Health

Offers information on the health risk of smoking.

<http://www.ash.org/>

Addiction Resources

A comprehensive list of addiction treatment facilities.

<http://www.addictionresourceguide.com/>

Al-Anon

A recovery program for family and friends of alcoholics.

<http://www.al-anon.org/>

Alcoholics Anonymous

Determine if AA might be helpful.

<http://www.alcoholics-anonymous.org/>

Body Image

Body image problems that are at the root of eating disorders.

<http://www.gwu.edu/~cade/bodyimage.htm>

DrugNet

Dedicated to treating and preventing drug abuse.

<http://www.drugnet.net/>

Marijuana Anonymous

Learn the facts about marijuana addiction.

<http://www.marijuana-anonymous.org/>

Web of Addictions

Provides information about alcohol and other addictions.

<http://www.well.com/user/woa/>

Children

Childhelp USA

Meeting the needs of abused and neglected children.

<http://www.childhelpusa.org/>

Dr. Spock

Pediatrician offers advice on raising children.

<http://www.drspock.com/>

United Mothers Org.

Safeguarding children both online and off.

<http://www.soc-um.org/>

Depression & Stress

Depression Alliance

Information on depression and its treatment.

<http://www.depressionalliance.org/>

Directory

Award-winning list of sites on stress and coping.

<http://web.inter.nl.net/hcc/t.compermolle/stresscat.htm>

Stress Mgt & Emotional Wellness

Nature and causes of stress with online stress assessment.

<http://www.less-stress.com/>

Domestic Abuse

Marital and Date Rape

Education and assistance for victims of rape.

<http://www.members.aol.com/ncmdr/>

Victim Services

Local referrals for victims of domestic violence.

<http://www.dvsheltertour.org/>

Employment

JobStar

Excellent career guidance.

<http://jobsmart.org/tools/career/spec-car.htm>

Monster.com

Daily emails to match your job search.

<http://www.monster.com/>

Financial

About Credit

Credit management and personal finance.

<http://credit.about.com/>

About Frugality

Lots of tips on trimming expenses and living on less.

<http://frugalliving.com/>

Bankruptcy FAQ

Find answers to the most common questions about bankruptcy.

<http://www.swiggartagin.com/bkfaq/>

Debt Management

Free debt counseling through a nonprofit agency.

<http://center4debtmanagement.com/>

iVillage: Personal Finance

Finance, debt and tax advice for women.

<http://www.ivillage.com/money/>

Motley Fool

Excellent investment tips and advice.

<http://www.fool.com/>

Health & Nutrition

American Dietetic Assoc

Information to promote good nutrition.

<http://www.eatright.org/>

American Heart Assoc

Better food habits to reduce the risk of heart attack.

<http://www.americanheart.org/>

Fitness Online

Wealth of information on health and fitness.

<http://www.fitnessonline.com/>

Health on Oxygen

Articles on diet, fitness and health.

<http://www.oxygen.com/health/>

Shape Up America

Safe weight and fitness programs for everyone.

<http://www.shapeup.org>

Men's Issues

Men Stuff

Excellent site for men's issues, including sexuality.

<http://www.menstuff.org/>

Men's Health

Guides to men's health and lifestyle issues.

<http://www.plainsense.com/health/mens/>

Parenting & Pregnancy

CareGuide

Provides child and elder-care information.

<http://www.careguide.net/>

ePregnancy.com

From before pregnancy to after birth.

<http://www.epregnancy.com>

FamilyFusion

Everything you need to know to succeed as a stepparent.

<http://www.familyfusion.com>

Moms at Home

Best of the Net Award for stay-at-home parents.

<http://momsathome.ca>

National Parenting Center

Foremost parenting information service guide.

<http://www.nnpc.com/>

Oxygen: Infertility

Learn about infertility and its impact on relationships.

<http://www.oxygen.com/family/issues/infertility/>

Parenting Teens

Expert helpful advice

<http://parentingteens.about.com/mbody.htm>

Single and Custodial Fathers

For single or remarried fathers with custodial care.

<http://www.scfn.org/>

Single Parents World

Issues on child support, parenting and dating.

<http://parentsworld.com/>

Religion & Philosophy

Religion

Links to religion and philosophy web sites

<http://www.chowan.edu/acadp/religion/websites.htm>

Retirement

AARP WebPlace

One of the best advocates of senior rights.

<http://www.aarp.org/>

Self-Improvement

Deepak Chopra

A site for those seeking self-improvement.

<http://www.chopra.com/>

John Gray

Feedback on what is holding you back from total success.

<http://www.marsvenus.com/>

Successories.com

Helping individuals realize their full potential.

<http://www.successories.com/>

Separation & Divorce

Child Support Law

Get help with a legal claim or problem in family law.

<http://freeadvice.com/law/547us.htm>

Conflict Research Consortium

Excellent conflict resolution and mediation site.

<http://www.colorado.edu/conflict/>

DivorceNet

Information and FAQs regarding divorce and family law.

<http://www.divorcenet.com/>

Sexuality

Dr. Ruth Online

Ask Dr. Ruth your own questions about sex.

<http://www.dr ruth.com/>

Impotence Specialists

Read FAQs or post a question for a doctor online.

<http://www.impotencespecialists.com>

Oxygen's Relationships and Sex

Topics about sexuality.

<http://www.oxygen.com/sex>

Sexual Health InfoCenter

Everything related to human sexuality.

<http://www.sexhealth.org/>

Sexuality.org

Designed to educate and inform about sexuality issues.

<http://www.sexuality.org/>

Weddings

Weddings for the Real World

A complete wedding resource.

<http://www.theknot.com>

Women's Issues

Business Women's Network

Emphasis on women's business ownership

<http://www.bwni.com/>

iVillage: The Women's Network

All subjects of interest to women.

<http://www.ivillage.com/>